

# Joint Readiness Training Center & Fort Polk Home of Heroes



## Fort Polk Community Information Brief





# Fort Polk Community Information Brief



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# Fort Polk Community Information Brief



## Special Events Update





# Fort Polk Community Information Brief



**APRIL 20**

**11am - 4pm**

**HEADQUARTERS  
FIELD**

**LIVE  
Entertainment**  
**100%  
GUARANTEED**

**FRG  
GAMES**

**MILITARY  
STATIC  
DISPLAYS**

**Food  
Vendors**

**GUMBO  
COOKOFF**



# Fort Polk Community Information Brief



## BOSS Update







# Fort Polk Community Information Brief



## Karaoke!

- Every Wednesday – 1900 @ Home of Heroes Soldier Recreation Center
- Free! - 13,000+ Songs to Choose From
- Songs range from any genre (pop, country, rock, etc.) and duets are available!

## Amazing Race

- 13 APR – 0700 @ Allen Memorial Library
- Seeking Volunteers
- Help administrate events
- Help with set-up and take down

## 8-Ball Pool Tournament

- 19 APR – 1900 @ Home of Heroes Soldier Recreation Center
- \$5.00 per Soldier – Sign up at event
- APA Rules
- Prizes for 1<sup>st</sup> and 2<sup>nd</sup> place

## Nuclear Cowboys

- 27 APR – 1900 @ Houston, TX
- \$60.00 per Soldier – Price includes transportation, hotel, and admission
- Transportation leaves Home of Heroes NLT 0930, will return on 28 APR



Better Opportunities  
for Single Soldiers



# Fort Polk Community Information Brief



## Child, Youth, & School Services Update



# Fort Polk Community Information Brief



## Local Schools' Upcoming Events

### Vernon Parish School Board

- |                         |                   |
|-------------------------|-------------------|
| • Phase 2 Testing       | 8-17 April        |
| • Holiday               | 22 April          |
| • End of Course Testing | 23 April-23 May   |
| • Last Day for Students | 23 May (full day) |

### Beauregard Parish School Board

- |                              |                          |
|------------------------------|--------------------------|
| • Phase 2 Testing            | 8-17 April               |
| • Last two days for students | 23 and 24 May (half day) |





# Fort Polk Community Information Brief



## **Military Teenager's Environments, Exercise and Nutrition Study**

- **Goal:** To understand how food and physical activity environments in the schools and neighborhoods influence diet, body weight, and activity
- **Data Collection:**
  - Sample of 12-13 year olds from enlisted Families at 12 installations
  - Web survey of parents, children, and Principals
  - Beauregard Parish and Vernon Parish selected schools
- **Incentives:**
  - Parents receive \$25 AAFES gift card
  - Children receive \$10 gift card and school administrator \$40
  - One mini iPad raffled at each installation for participating Families
- **Measurements:** 9-11 May 2013



# Fort Polk Community Information Brief



## Education Updates

- **Home School**
  - [doe.state.la.us](http://doe.state.la.us)---library-school choice-home study or 1-877-453-2721
  - Local school boards for applications
- **Home School Association for Military Families (HSAMF)**
  - or 931-216-8389
  - Mission to unite military Home Schoolers across the nation
  - Benefits:
    - Stability of group during PCS
    - Monthly newsletter
    - Scholarships to local camps
    - Free school supplies
    - Access to standardized testing for grades 3-12





# Fort Polk Community Information Brief



## Army Community Service Update



# Fort Polk Community Information Brief



## ONGOING EVENTS

- **Play Morning! ACSC, 0900-1100 (POC: 531-7065)** **Tuesdays**
- **Toddler Play Time & Child Crafts, FRC, 0900-1100 (POC: 531-1895)** **Mondays & Wednesdays**
- **Toddler Play Time, FRC, 0900-1100, (POC: 531-1895)** **Fridays**
- **SPECIAL EVENT: Toddler Play Time, Mothers Day Tea, FRC, 0900-1100 (POC: 531-1895)** **10 May**
- **English as a Second Language, FRC, 0900-1100 & 1230-1430, (POC: 531-1895)** **Tuesdays  
Thursdays**
- **Newcomers Orientation, ACSC, 0830-1300, (POC: 531-7087)** **Thursdays**





# Fort Polk Community Information Brief



## UPCOMING EVENTS

- **Army Family Team Building, Level I, FRC, 0830-1430** **16 & 17 Apr**  
**(POC: 531-9421)**
- **Turning Your Volunteer Experience into Paid Experience** **23 Apr**  
**ERP Workshop, FRC, 0900-1100 (POC: 531-1965)**
- **FRG Leader Workshop, FRC, 0830-1430** **24 Apr**  
**(POC: 531-7087)**
- **USA Jobs Workshop, SFAC, 0900-1100 & 1300-1500** **1 May**  
**(POC: 531-7065)**
- **Family Member Resiliency Training, ACSC, 0800-1630** **14-16 May**  
**(POC: 531-0772)**



# Fort Polk Community Information Brief



## CHILD ABUSE PREVENTION MONTH

Protecting Children: It's Everyone's  
Job

### ***“Protecting Your Family Against Pornography”***

**Tuesday & Wednesday 9-10 April 2013 0830 – 1430**

(Registration will begin at 0800 on Tuesday)

**Army Community Service Center, Bldg 920, Fort Polk**

**Guest Speaker: Mrs. Cindi Geeslin, LCSW and Family Advocacy Course Manager with the Soldier and Family Support Branch at the Army Medical Department Center and School in San Antonio, Texas**

**Topic: The impact of pornography on the Family and its effects on the quality of the marital relationship and the long term impact on children that have grown up in a world in which pornography has become a part of everyday life.**

**Continuing Education Units Available**

**Lunch - On Your Own**

**Free Childcare (Children must be enrolled in CYSS)**

**\*\*\* Registration Deadline: Friday, 5 April 2013 \*\*\***

**POC: Family Advocacy Program at (337) 531-1938**

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# Fort Polk Community Information Brief



## Seminar Agenda

**Protecting Your Family Against Pornography- Day 1**  
**Tuesday, 9 April 2013**  
**ACS Center**

<b>0830 – 1000</b>	<b>Child Development Theory</b>
<b>1015 – 1130</b>	<b>History of Pornography in America</b>
<b>1130 – 1230</b>	<b>Lunch on your own</b>
<b>1230 – 1430</b>	<b>Pornography and the Entertainment Business</b>



# Fort Polk Community Information Brief



## Seminar Agenda

**Protecting Your Family Against Pornography – Day 2**  
**Wednesday, 10 April 2013**  
**ACS Center**

- |                    |   |
|--------------------|---|
| <b>0830 – 1000</b> | <b>Impact of Pornography on the Culture</b>     |
| <b>1015 – 1130</b> | <b>Impact of Pornography on Children</b>        |
| <b>1130 – 1230</b> | <b>Lunch on your own</b>                        |
| <b>1230 – 1330</b> | <b>Impact of Pornography on Children (cont)</b> |
| <b>1330 – 1430</b> | <b>Developing an Inoculation Plan</b>           |





# Fort Polk Community Information Brief

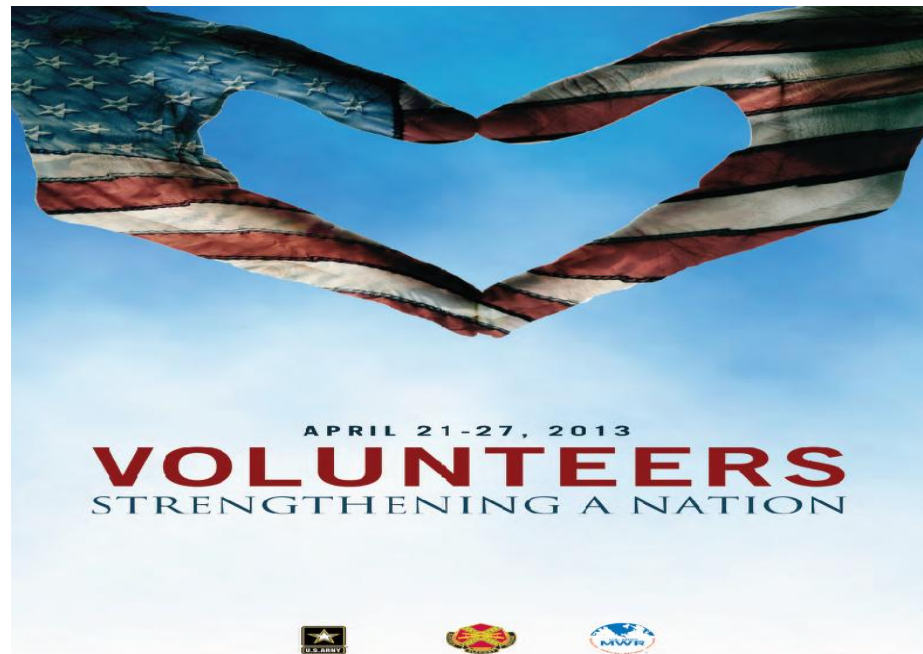


## Safety Assembly Schedule

- **North Polk Elementary**  
**Date: 5 April 2013**  
**Grades: Head Start and LA4 @ 0930**  
**Grade: Kindergarten @ 1015**  
**Grade: First @1315**
- **Pickering Elementary**  
**Date: 24 April 2013**  
**Grades: Kindergarten - Second @ 0830**  
**Grades: Third and Fourth @ 0930**
- **South Polk Elementary**  
**Date: 30 April 2013**  
**Grades: Second and Third @ 0830**



# Fort Polk Community Information Brief



**2013 Volunteer of the Year (VOY) Award Ceremony**  
**22 April 2013, WCC, 1800**  
**“Volunteers, Strengthening a Nation”**



# Fort Polk Community Information Brief



## **Directorate of Family and Morale, Welfare, and Recreation Update**





# Fort Polk Community Information Brief



## UPCOMING EVENTS

- **AER Campaign** thru 15 May
- **Child Abuse Prevention Month / Month of the Military Child** Apr
- **CG Golf Scramble (WHGC, 1230)** 5 Apr
- **Monthly Bass Tournament (TBRs, Safelight-1500)** 6 Apr
- **NAF Auction (Bldg 3218, 1500)** 6 Apr
- **Child Abuse Prevention Month Seminar** 9-10 Apr  
(ACSC, 0830-1630)
- **Amazing Fort Polk Race (Allen Memorial Library, 0800)** 13 Apr
- **Monthly Sunday Brunch (WCC, 1000-1400)** 14 Apr
- **CajunFest (Strike Zone Parking Lot ,1100)** 20 Apr
- **CG Golf Scramble (WHGC, 1230)** 3 May
- **Monthly Bass Tournament (TBRs, Safelight-1500)** 4 May



# Fort Polk Community Information Brief



## UPCOMING EVENTS

### UNIT SPORTS

- **Intramural Softball Season Registration** thru 24 Apr  
**Season Begins** 30 Apr  
**(Soldier's Complex)**
- **Laser Tag Competition (Soldiers Complex, 1800)** 9 Apr
- **Army 10-Miler Qualifier (Hospital Trail, 0630)** 17 Apr
- **Midnight Madness Softball Tournament** 26 Apr  
**(Soldiers Complex, 1800)**
- **10-Mile Mountain Bike Race (Blue Hole Rec Area, 0630)** 1 May



# Fort Polk Community Information Brief



## UPCOMING EVENTS

### CYS SERVICES

- **Month of the Military Child (MOMC) Activities** 1-30 Apr
  - **Celebrating Military Families Week (All Facilities)** 1-6 Apr
  - **Spirit Week (All Facilities)** 7-13 Apr
  - **Teen College Fair (Siegfried Youth Center, 1700-2000)** 9 Apr
  - **Family Movie Night (Siegfried Youth Center, 1830-2000)** 13 Apr
  - **Creative Expression Week (All Facilities)** 14-20 Apr
  - **CYSS Goes Green Week (All Facilities)** 21-27 Apr
  - **Art Exhibit (Siegfried Youth Center, 1600)** 26 Apr
  - **Operation Megaphone Lock-In (Siegfried, 1900-0700)** 26-27 Apr
- **Parent's Night Out (CDC 701, 1830-2230)** 5 Apr
- **Little League Opening Days (Perez Field, 0800)** 6 Apr
- **Parent's Day Out (CDC 701, 1200-1700)** 6 & 20 Apr
- **Camp Warrior I Registration (CYSS, Grades 6-12)** 1 May – 7 Jun
- **Camp Warrior II Registration (CYSS, Grades 6-12)** 1 May – 5 Jul





# Fort Polk Community Information Brief



## UPCOMING EVENTS

### FUTURE EVENTS

- |  |           |
|--|-----------|
| • Military Spouse Appreciation Day (WCC)       | 9 May     |
| • Block Party (Strike Zone Parking Lot)        | 17 May    |
| • Camp Warrior I (North Toledo Bend St Park)   | 24-27 Jun |
| • FreedomFest (Headquarters Field, 1300)       | 4 Jul     |
| • Camp Warrior II                              | 22-25 Jul |
| • Hiring Our Heroes Job Fair (ACSC, 1000-1300) | 21 Aug    |
| • Spouse's Conference (TBA, 0900-1400)         | 18 Sep    |



# Fort Polk Community Information Brief



## Directorate of Public Works Update



# Fort Polk Community Information Brief



## Community Recycle Day

Every Wednesday @ Bldg 3622, Net Zero Waste Ctr

### • Drop Off Your Recyclable Commodities:

- White Paper
- Mixed Paper
- Aluminum Cans
- Scrap Metal
- Used Cooking Oil
- Automotive Batteries
- Cardboard
- Motor Oil
- Printer/Toner Cartridges
- **No munitions or hazardous materials**
- **No personal information (HIPAA Regs)**



To request a presentation on NZW call (337)-531-6008

Stay Informed. Stay Involved.



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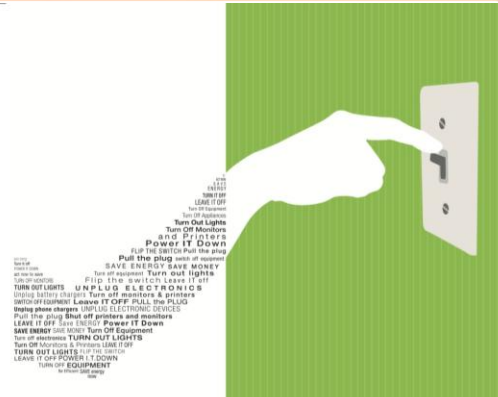


# Fort Polk Community Information Brief



## Switch

**Call the Switch Hotline: (337) 531-6617**  
**Tell us where we should**  
**FLIP the SWITCH!**



## Energy Conservation Tips:

- Turn off all outside lights during the day
- Set thermostats for refrigerators at 38°- 40°F and freezers 27°- 29°F
- Wash clothes in cold or warm water, not hot water
- Reduce use of A/C systems and maximize the use of fans
- All scanners, copy machines, faxes, printers and other such equipment should be programmed with sleep modes
- All should be turned off at the end of every work day



# Fort Polk Community Information Brief



## 50M Pool Renovations



- Replacement of pool piping, deck, and gutter system with ADA access
  - Renovation of bathhouse and admin building with ADA access
  - Pool, Bathhouse, and Admin Bldg Anticipated
- Completion Date: June 2013. Pool opens July 2013



# Fort Polk Community Information Brief



## **Pueblo & Phoenix Street Overlay**

- Both streets to be overlaid with asphalt.
- During construction, home station units will be required to park in alternate locations for a short period of time.
- Completion Date: 24 Jun 13

## **FY13 Crosswalk Restriping**

- |                                 |                             |
|---------------------------------|-----------------------------|
| - Hwy 467 & LA Ave              | - LA Ave & Magnolia Dr      |
| - Hwy 467 & Holmlund Ave        | - Hwy 467 & Bellrichard Ave |
| - Holmlund Ave Trail Adj LA Ave | - LA Ave & Holmlund Ave     |





# Fort Polk Community Information Brief



## Golf Course Running Trail Improvements



- Upgrade 5,511 feet of trail to a width of 10 feet
- Replace three bridges with culverts
- Remove and reconstruct one bridge
- Scheduled Completion Date: 20 Apr 13



# Fort Polk Community Information Brief



## Picerne Program Update



# Fort Polk Community Information Brief



## Program Update

### Infill on existing foundation

Dogwood Terrace – 26 homes - 4 bedroom  
began in February; first deliveries in June

### Renovations

North Fort Minors

53 of 272 to be completed by end of April  
35 of 115 homes scheduled for 2013

### Site Work

Eagle View Drive – Building pads,  
grading, and infrastructure in progress

### Demolition

46 homes slated for 2013; Pre-demolition  
preparations in progress







# Fort Polk Community Information Brief



## Super Yard Sale Saturday, April 6 0700 – 1400

Signs are now available from all the Neighborhood Centers. Signs can be displayed the day before, and must be taken down when the sale ends.

## Spring into Fun

Thanks to everyone who came out to celebrate spring with us! Pictures from the event are on our website  
[www.polkpicerne.com](http://www.polkpicerne.com)



Fort Polk  
[www.polkpicerne.com](http://www.polkpicerne.com)

### Neighborhood Offices

Carmella Terrace  
5300 Magnolia Drive  
[carmellaterrace@polkpicerne.com](mailto:carmellaterrace@polkpicerne.com)  
337-537-5045

Cypress Terrace  
54740 Bilge Court  
[cypressterace@polkpicerne.com](mailto:cypressterace@polkpicerne.com)  
337-537-5050

Dogwood Terrace  
560 Warner Court  
[dogwoodterrace@polkpicerne.com](mailto:dogwoodterrace@polkpicerne.com)  
337-537-5053

Maple Terrace  
100 Pondicherry Court  
[mapleterrace@polkpicerne.com](mailto:mapleterrace@polkpicerne.com)  
337-537-5053

Palmetto Terrace  
200 Bellfield Avenue  
[palmetto@polkpicerne.com](mailto:palmetto@polkpicerne.com)  
337-537-5040



### SPRING INTO FUN!

Picorne Military Housing is excited to invite all residents to our "Spring into Fun" celebration! This event will take place Friday, March 22, from 4:00 p.m. to 7:00 p.m., at two locations, Maple Terrace and Dogwood Terrace Neighborhoods. Spring into Fun is a family-friendly event and will have something for all ages to enjoy! Bring your blanket for a picnic, and don't forget to bring your camera to take pictures with the Easter Bunny! Come join us for games, prizes, and food, while you celebrate the spring season with your family, friends, and neighbors. This event is free and open to all residents of Picorne Military Housing.



### Super Yard Sale

Mark your calendars for the Super Yard Sale on Saturday, April 6, from 7 a.m. to 2 p.m. Signs will be available from your Neighborhood Center a week prior, can be displayed the day before, and taken down when the sale ends.

Corvias | group

### Prevent Sewer Overflow

Much like eating greasy foods can clog your arteries, grease in drains can clog your pipes. Fats, oils, greases and other non-dissolving products in the installation sewers are a major problem. Preventing this problem is easy and is a top priority for the community. Keep in mind these five tips to keep a sewer from overflowing. Do not put fats and greases down your drains, toilets or disposals! These items should be placed in the trash for disposal. Store waste grease, meat fats, lard, cooking oil, shortening, butter, margarine, food scraps, dairy products and gray in containers for trash disposal. Use a sink strainer to prevent food scraps and other items from entering the drains.

### Service Schedules

Picorne Military Housing offers a variety of services to make your life easier. Don't forget to check out your trash, recycling, lawn care and pest control schedules.



April 2013 issue of  
Community Newsletter  
now available in your  
email inbox or online at  
[polkpicerne.com/newsletter](http://polkpicerne.com/newsletter)



# Fort Polk Community Information Brief



## Educational Grants Available

Deadline is 9 May 2013, to apply for educational grants for spouses of active duty members.

### The Educational Grant includes:

- \$5,000 one-time award
- Students in any phase of education
- May attend community or technical college or university



Visit [ourfamilyforfamiliesfirst.org](http://ourfamilyforfamiliesfirst.org) to apply

*Applicants do NOT have to live in a Picerne Military Housing home to be eligible.*

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# Fort Polk Community Information Brief



**Thanks for ranking us #1 in  
customer service!**



In 2012, residents were randomly selected to complete the SatisFacts national resident satisfaction phone survey. As a result of the feedback collected from random, current on-post residents, Picerne Military Housing ranked first in resident satisfaction for properties with at least 10,000 homes. SatisFacts also awarded Picerne with the 2012 SatisFacts Superior Resident Satisfaction Company Award.

The SatisFacts survey is for all types of residential management companies, not just those that manage military housing. Picerne Military Living has earned a superior rating from SatisFacts the past five years. The company has also earned the number one resident satisfaction ranking for companies with at least 10,000 homes four times.





# Fort Polk Community Information Brief



## Staff Judge Advocate Update

**“There's no better way of exercising the imagination than the study of law. No poet ever interpreted nature as freely as a lawyer interprets the truth.” ~ Jean Giraudoux**



# Fort Polk Community Information Brief



## FREE TAX HELP



The Fort Polk Tax Center provides income tax return preparation and filing to active duty personnel and their dependents, Reservists on active duty for more than 90 days and their dependents, and military retirees and their dependents.

**There is no charge for this service.**

**When:** Fort Polk Tax Center will be open through 15 April 2013.  
Monday through Friday 09:00-16:00  
Saturdays (by appointment only) 09:00-12:00

**Where:** Fort Polk Tax Center, 1881 Alabama Avenue, Bldg 2502

**For more information:** Call the Tax Center at (337) 531-1040

**What to bring:** This year's tax package and/or label. All forms, W-2 and 1099's. Information for other income. A copy of last years tax return. Social Security Cards. Bank account and routing numbers.

To get the most up to date tax products and information visit: [www.irs.ustreas.gov](http://www.irs.ustreas.gov)



# Fort Polk Community Information Brief



## **Tax Season**

- through 15 April
- Monday – Friday, 0900-1600, Saturday, 0900-1200
- Building 2502, 1881 Alabama Avenue
- (337) 531-1040

## **Sexual Assault Awareness Month**

- Special Victim Prosecutor presentation after “The Invisible War” showing on 2 May

## **Law Day**

- 1 May
  - School outreach
  - 5K run/walk





# Fort Polk Community Information Brief



## Installation Chaplain Update



• Catholic Mass, Main Post Chapel (MPC)	1700 Saturday
	0900 Sunday
• Protestant Service, MPC	1100 Sunday
• ChapelNeXt Contemporary Protestant Service, Glory Chapel	0930 Sunday
• Gospel Service, Glory Chapel	1100 Sunday
• Catholic CCD, MPC	0800-0845 Sunday



# Fort Polk Community Information Brief



## Weekly Religious Services & Events

- **Protestant Women of the Chapel (PWOC),  
0900-1130, MPC** **Tuesdays**
- **Catholic Women of the Chapel (CWOC),  
0900-1130, MPC** **Wednesdays**
- **Community Meal 1730-1800, MPC** **Wednesdays**
- **AWANA, 1815-1945, MPC** **Wednesdays**
- **Youth of the Chapel (YOC), 1830, MPC** **Thursdays**





# Fort Polk Community Information Brief



## Installation Events

- **Religious Support Volunteer Appreciation Dinner**      **13 Apr**  
**1800, WCC**
- **Post-wide Church Picnic**      **21 Apr**  
**MPC Grounds**  
**Outdoor Protestant Service at 1100**  
**Picnic begins at 1200**
- **Spiritual Resiliency Working Group Meeting**      **25 Apr**  
**1330, MPC**



# Fort Polk Community Information Brief



## **Bayne-Jones Army Community Hospital Update**



# Fort Polk Community Information Brief



## Bayne-Jones Army Community Hospital

- **Physical Exam, Aviation Medicine moves to new CTMC**  
Physical Exam and Aviation Medicine are now located in the new Consolidate Troop Medical Clinic (Old Preventive Medicine), bldg 3504.

Telephone numbers for both clinics remain the same –  
Aviation Medicine – 531-3527; Physical Exams – 531-2579





# Fort Polk Community Information Brief



## Bayne-Jones Army Community Hospital

### TRICARE Online

- Blue Button

View or download your personal - lab results, allergy profile, medication profile, problem list and encounter data

- Appointing

Schedule, view and cancel Primary Care and select self-referral specialty appointments online

- Rx Refills

Access Rx refills to refill prescriptions, check status of your prescriptions or access Mail Order Pharmacy



# Fort Polk Community Information Brief



## Bayne-Jones Army Community Hospital

### Secure Messaging

- **Assess secure messaging to communicate safely and efficiently on a variety of topics with your health care team**

### HART

- **Access HART – Health Assessment Review Tool, to complete self-reported health information surveys that are developed specifically for Military Health System beneficiaries**
- **Sign Up today at [TRICARE Online.com](https://www.tricareonline.com)**



# Fort Polk Community Information Brief



## Bayne-Jones Army Community Hospital

### April Observances

- **Child Abuse Prevention Month**
- **Occupational Therapy Month**
- **World Health Day – April 7**
- **Medical Laboratory Professionals Week, April 21-27**
- **Month of the Military Child**





# Fort Polk Community Information Brief



## Dental Activity (DENTAC) Update



# Fort Polk Community Information Brief



## UPCOMING DENTAL EVENTS

- 18 APRIL - RED CROSS CLASS Graduation



- JULY (exact date to be determined)

– MOUTH GUARD DAY

TRICARE Dental Program – allows coverage of one custom fitted athletic mouth guard at a 50% cost share, per 12 month period.





# Fort Polk Community Information Brief



## MOUTHGUARDS

- **Why?.....an athlete is 60 times more likely to injure teeth or mouth when not wearing one**
  - **Prevents over 200,000 injuries/year**
  - **Protect the teeth by distributing the force of a blow over all of the surrounding teeth and gums.**
  - **Protect against neck injuries**
  - **Mouth guards serve as a shock absorber for concussive forces affecting the lower jaw**
- **Why wear a mouth guard custom fitted by dentist?**
  - **Store bought will not fit or protect as well**
  - **may be more uncomfortable to wear**
  - **cause more interference with speech and breathing**





# Fort Polk Community Information Brief



## Directorate of Emergency Services Update





# Fort Polk Community Information Brief



## Armed Forces Disciplinary Control Board AFDCB

- **Governed by AR 190-24, Armed Forces Disciplinary Control Boards and Off-Installation Liaison and Operations**
- **Purpose is to advise and make recommendations to commanders on matters concerning eliminating conditions at off-post establishments which adversely affect the health, safety, welfare, morale, and/or discipline of the Armed Forces**

**To report incidents/complaints to be investigated call:**  
**(337) 531-7324; (337) 531-9491; (337) 531-7020**

- **Board is conducted quarterly with findings provided to Commanding General for decision**



# Fort Polk Community Information Brief



Curfew Hours:

CMD Policy Memorandum DES-06



- Children **11 YOA or younger: 2100 - 0600** unless supervised by adult
- Children **12 -14 YOA: 2200 – 0600** unless supervised by adult; or returning home directly from a community/school-organized function or facility, Youth Services Program, traveling to/from verifiable employment, or responding to a bona fide emergency
- Children **15 -17 YOA: 2400 – 0600** unless supervised by adult; or returning home directly from a community/school-organized function or facility, Youth Services Program, traveling to/from verifiable employment, or responding to a bona fide emergency





# Fort Polk Community Information Brief



## Fort Polk House Watch Program

- When on leave/vacation, stop by DES and submit form; Patrols will check your home at least twice per shift
- Designate a POC, leave house key/contact information with DES
- Ask someone pick up mail and newspapers
- Leave lamps on timers if possible
- Check/Secure all Doors/Windows





# Fort Polk Community Information Brief



## **JRTC & Fort Polk Hunting Dates 2012/2013**

**Turkey:**

**23 March – 26 April 13**

**Game Enforcement Section: 531-5222**

**Web Site:**



# Fort Polk Community Information Brief



Access Control Point	Hours of Operation (Weekday)	Hours of Operation (Weekend)	Access Control Point Location
ACP 1	24/7	24/7	Main Gate Louisiana Ave
ACP 2	0500 - 2100	0500 - 2100	University Parkway Hwy 476 North
ACP 3	Closed	Closed	Mill Creek Road Adjacent ASP
ACP 4	0500 – 1800	0500 – 1800	Entrance Road and Hwy 10
ACP 5	0500 - 2100	0500 - 2100	Hwy 467 South and Hwy 10
ACP 6	0500 - 2100	0500 - 2100	Chaffee Rd Adjacent North Fort Housing
ACP 7	24/7	24/7	K Avenue and Alligator Lake
ACP 8	24/7* (0530 – 1800)	24/7* (Closed)	Artillery Rd and K Ave (into Box)

**\* Denotes that this ACP is open 24/7 during rotations only**



# Fort Polk Community Information Brief



## Command Safety Office Update





# Fort Polk Community Information Brief



## OUTDOOR RECREATION AND SPORTS

Nice weather lets you get outside more for jogging and bicycle riding as well as other outdoor activities. It is important to always stretch and warm up your muscles prior to any strenuous activity.



Proper hydration is necessary to preclude leg cramps, dizziness, and exhaustion.

Good shoes are needed for running to help support your back and legs.



Helmets and reflective gear are required for riding your bicycle on Fort Polk. Ride with the flow of traffic and use hand signals.

Injuries can and do become the



happen. Don't let yourself injured.



# Fort Polk Community Information Brief



## LIFE SAVING TIPS

**Lawn mowers, weed eaters, leaf blowers and hedge trimmers whether gas or electric powered all come with hazards. Follow all of the manufacture's safety warnings as well as good common sense while performing spring clean up. Safety glasses, long sleeved shirts, long pants, gloves, and hard toed shoes will ensure that you keep yourself protected.**



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# Fort Polk Community Information Brief



- ✓ **Picnics and BBQs will be in full swing.**
- ✓ **Dispose of your used charcoal properly.**
- ✓ **Never place used coals in plastic bags or in your garbage cans.**
- ✓ **Make sure the coals are completely cold before dumping them.**
- ✓ **Never leave the grill unattended.**



- ✓ **Keep children and pets at a safe distance.**

Command Safety Office  
(337) 531-4329

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# Fort Polk Community Information Brief



## Exchange Update



**EXCHANGE**

*We go where you go!*

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# Fort Polk Community Information Brief



## Exchange

### Spirit of the Month: Jose Gold and Silver

- **Jose Gold and Silver Tasting** **05 APR**  
Located at Fort Polk Class VI at 1600.
- **Sauza Tequila Tasting** **12 APR**  
Located at Fort Polk Class VI at 1600.
- **New Slushie Tasting** **14 APR**  
Located at Fort Polk Express 3.



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- **Malibu Tasting** **19 APR**  
Located at Fort Polk Class VI at 1600.
- **Cajun Fest** **20 APR**  
Firestone and Smoothie King represents AAFES.
- **Tamales Tasting** **26 APR**  
Located at Fort Polk Express 3.



# Fort Polk Community Information Brief



## Exchange Military Store Promotions

### Clearance-Price Jewelry and/or Watches Promotion

**19-25 APR**

- 25% off clearance-priced jewelry and/or watches with Military Star.
- Original coupon must be present at checkout.
- Valid at any Army and Air Force Exchange facility. Limit one Military Star coupon per offer, per customer, per day.
- Cannot be combined with any other offer.
- No cash redemption value.
- Not valid on prior purchases. Not valid at concessionaires, shopmyexchange.com or Exchange Catalog. Excludes layaways.



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## Exchange Military Store Promotions

**GIVES BACK Outdoor, Lawn and Garden Promotion      19 APR-2 MAY**

- 10% off any outdoor living, lawn and garden purchase with Military Star.
  - Discount taken off automatically at register.
  - Valid at any Army and Air Force Exchange facility and shopmyexchange.com (see online for promo code and details).
  - Cannot be combined with any other offer.
  - Not valid on prior purchases. Limited to stock on hand.
  - Not valid at concessionaires, Specialty Stores and Exchange Online Mall.
- Excludes layaways.





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## Exchange Military Store Promotions

### Dyson Promotion

**26 APR - 9 May**

- No interest and no down payments until December 2013 on any Dyson purchase of \$179 or more with Military Star.
- Valid at any Army and Air Force Exchange facility, Exchange Catalog or [shopmyexchange.com](http://shopmyexchange.com).
- Not valid on prior purchases. Limited to stock on hand.
- Not valid at concessionaires, Specialty Store and Exchange Online Mall. Excludes layaways.
- Not valid on Military Star Rewards MasterCard line of credit.



# Fort Polk Community Information Brief



## Fort Polk Commissary Update



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## FORT POLK

Defense Commissary Agency  
DeCA Logistics and Engineering Group  
Fort Lee, Virginia      Lackland AFB, Texas

DESIGN / BUILD NEW COMMISSARY





# Fort Polk Community Information Brief



## DeCA

- **NEW COMMISSARY Project Update**
  - Meeting held 20 March to review the 90% submittal and the construction is on schedule.
- **EFFORTS UNDERWAY** Rough grading, earthwork for building pad, utility relocation;
- **FUTURE EFFORTS** - Foundation footings phase work of the construction is scheduled to be in-place between 15-20 April